

BEEF & BROWN RICE RECIPE

Makes approximately
2kg of fresh food



INGREDIENTS:

- 430g (2 ¼ C) brown rice
- 420g potato
- 500g lean beef mince
- 75g beef liver
- 145g carrot
- 190g broccoli
- 130g spinach
- 30ml (2T) canola oil
- Large pinch salt
- 17g (1 level scoop) The Nosh Project Nourish 27 Essential Meal Balancer

PREPARATION & COOKING:

1. Wash all vegetables thoroughly.
2. Dice potato, carrot and broccoli to 1cm cubes, set aside.
3. Finely chop spinach, set aside.
4. Cut beef liver into 1cm cubes, set aside.
5. Cook rice according to package instructions. Set aside to cool.
6. Place potatoes in a pot and cover with cold water, bring to the boil. Cook potatoes for 10-15 mins or until tender. Drain & set aside to cool.
7. In a non-stick pan over medium to high heat, cook beef mince & liver. Stir often & break up any large pieces.
8. While beef is still slightly pink, add carrots, broccoli & spinach. Cook until beef is cooked through and vegetables have softened. Place mixture into a large mixing bowl & set aside to cool.
9. Once the meat mixture has cooled completely, add rice, potatoes, oil and salt. Mix until combined.
10. Evenly sprinkle half the Nourish 27 (half scoop) and stir to combine, then evenly sprinkle remaining half and mix thoroughly until fully incorporated.

SERVING & STORAGE:

1. To serve immediately after cooking, measure out the appropriate amount of food on a scale. See feeding guides below. Serve at room temperature.
2. To store remaining food, portion into individual serving sizes appropriate to your dog's weight in airtight containers. Label each container with the date and place in the fridge (4° C) or freezer (-15° C). Meals can be kept in there refrigerator for up to 4 days or in the freezer for up to 12 weeks.
3. To serve from frozen, remove pack from freezer and defrost in the fridge overnight.

IMPORTANT NOTES:

- Use fresh vegetables where possible, however when using frozen vegetables, make sure there are no added ingredients such as salt or sugar.
- Carefully follow The Nosh Project make-at-home recipes for ingredient listings and Nourish 27 quantities to ensure a nutritionally complete & balanced meal.
- Do not deviate from recipe or add more than recommended.
- Formulated for your dog. Not for human consumption.
- Keep out of reach of children.
- Use only human-grade, treated beef liver. For more information, please visit the Australian Department of Agriculture.

DAILY FEEDING GUIDE:

Adult weight (kg)	Feed (g)
2-5	200-375
5-10	375-500
10-15	500-625
15-20	625-875
20kg+	Add 125g per 5kg of additional body weight

GUARANTEED ANALYSIS:

Crude Protein	7% (min)
Crude Fat	5% (min)
Crude Fibre	0.5% (max)
ME	125kcal/100g
Moisture	70%
Ash	1.5%